Shop with purpose

- [ ] Check your schedule and how many meals you need.
- [ ] Look through the pantry, refrigerator and freezer.
- [ ] Choose recipes with useful ingredient overlap.
- [ ] Confirm guest dietary needs and check product labels.
- [ ] Review ingredient quantities and package sizes.
- [ ] Add household extras and set a realistic budget.
- [ ] Check delivery dates and substitution preferences.
- [ ] Put chilled and frozen foods away promptly.

Notes and next steps

Cook with confidence

- [ ] Read the full method, including rests and chilling.
- [ ] Gather the ingredients, tools and serving dishes.
- [ ] Wash hands and clean the work area.
- [ ] Keep raw animal foods separate from ready-to-eat food.
- [ ] Prepare ingredients before turning on the heat.
- [ ] Use the right pan size; avoid crowding.
- [ ] Use a food thermometer where appropriate.
- [ ] Taste and adjust seasoning when safe.
- [ ] Finish with herbs, acid or texture if the dish needs it.

Notes and next steps

Host without the scramble

- [ ] Confirm guests, timing, dietary needs and budget.
- [ ] Choose dishes with compatible equipment needs.
- [ ] Plan make-ahead tasks and the final ten minutes.
- [ ] Make room in the refrigerator and dishwasher.
- [ ] Set the table before last-minute cooking starts.
- [ ] Provide water and nonalcoholic drinks.
- [ ] Keep perishable foods at safe temperatures.
- [ ] Store suitable leftovers promptly and label them.
- [ ] Record useful portions and timing for next time.

Notes and next steps

Reset for a better week

- [ ] Label and organize usable leftovers.
- [ ] Plan a meal around ingredients that need using.
- [ ] Clean and dry equipment before storage.
- [ ] Review what food went unused and why.
- [ ] Save a recipe you would make again.
- [ ] Write one technique to practice next week.
- [ ] Export your online meal plan if you need a backup.
- [ ] Check the next week’s schedule before shopping.

Notes and next steps